Sleep Improvement Checklist

This checklist provides up to 100 actionable steps to improve your sleep. Start with the simplest actions and move to more advanced ones if needed. Track what you've tried and note its effectiveness.

A. Quick Fixes (Start Here)

1. Set a consistent sleep schedule (same bedtime and wake time every day).
2. Avoid caffeine at least 6-8 hours before bedtime.
3. Limit screen time 1-2 hours before bed or use a blue-light filter.
4. Keep your bedroom cool (16-20°C / 60-68°F).
5. Use blackout curtains or an eye mask to block light.
6. Reduce noise with earplugs or a white noise machine.
7. Avoid heavy meals or snacks close to bedtime.
8. Stay hydrated but limit water intake in the evening to avoid nighttime bathroom trips.
9. Use your bed only for sleep and intimacy-no work or screen time.
10. Establish a relaxing pre-sleep routine (e.g., reading or listening to calming music).

B. Sleep Supplements and Teas

1. Try magnesium glycinate or citrate before bed.
2. Take melatonin (0.5-1 mg) to regulate your sleep cycle.
3. Use L-Theanine to promote relaxation.
4. Drink herbal teas like chamomile, valerian root, or lavender tea.
5. Try passionflower tea for its calming effects.
6. Consider ashwagandha for stress-related sleep issues.
7. Experiment with glycine powder (an amino acid for relaxation).
8. Try 5-HTP for mood and sleep support (consult a doctor first).
9. Consider CBD oil for relaxation (if legal in your area).
10. Use lemon balm supplements or tea.

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C. Sleep Environment Optimization

1. Invest in a high-quality mattress that suits your sleep style.
2. Use a supportive pillow that aligns your neck and spine.
3. Keep your room dark with blackout curtains or shades.
4. Use a white noise machine or fan for consistent sound.
5. Minimize distractions by decluttering your bedroom.
6. Add calming scents like lavender with a diffuser or spray.
7. Check your bedding for comfort and breathability (cotton or bamboo materials).
8. Eliminate blinking lights or glowing devices from your room.
9. Try earplugs if noise is unavoidable.
10. Keep pets out of the bedroom if they disrupt your sleep.